



Westinghouse *Electric* **ROASTER** **RECIPE BOOK**



EVERY HOUSE NEEDS WESTINGHOUSE

A Word of Introduction

to the User of the Westinghouse De Luxe

ADJUSTOMATIC Roaster

Westinghouse designers, engineers, home economists and workmen have given their experience, talents and skill to this roaster to create a highly dependable and versatile servant for you.

If this roaster is properly used and given proper care it will be a source of great convenience, satisfaction and comfort to you for many, many years.

Consider it a highly efficient electric oven, which will do everything you could expect such an oven to do, with the added convenience of portability.

It needs no watching — no peeking to see how your cooking is progressing. The correct temperature, as selected and shown on the dial, is maintained by a very sensitive, built-in thermostat.

The signal light shows when the current is on—shows when the selected temperature has been reached — assists you to use the roaster with greater ease, in the minimum of time, using the least possible electricity to produce the desired results.

A complete meal for six to eight people can be cooked at one time — meat, potatoes, vegetable and dessert. The cost is no more than using a modern electric iron for the same length of time.

Roasts of meat or fowl up to 15 pounds can be roasted to perfection, at oven speed.

Vegetables are cooked with very little water—the modern, healthful, flavor- and color-retaining way.

Bread, biscuits, cakes and cookies can be baked to delicious perfection—just as you would bake them in a stationary oven, but with even better and more dependable results.

This roaster makes unsurpassable stews, goulashes, fricassees—dainty toasted sandwiches—in fact, an amazing range of every-day and special dishes, many of which are described on the pages following. You will find that cooking odors are lessened by this roaster.

Outstanding Features of this roaster are:

1. Automatically controlled temperature from 150 to 550 degrees—low enough for simmering and to keep foods hot without advancing the cooking—high enough to sear meats and brown them just to your liking.
2. Signal light—positive temperature indication.
3. Greater capacity without increased over-all dimensions, due to the rectangular design.
4. Electric-range-type insulation in extra quantity for most efficient retention of heat—cool kitchen—current economy.
5. Rack which lifts or lowers all dishes at once, can be set in raised position for easy placing and removal of dishes, and for serving. This makes an important saving of working space, an exclusive feature you will appreciate every time you use this roaster. The rack, reversed, serves as a trivet for baking.
6. Large porcelain inset, easy to clean.
7. Genuine ovenware glass dishes—easy to clean—handy for other uses—in standard sizes for easy replacement if necessary. The two smaller dishes have covers.
8. Baked-on black enameled exterior with contrasting chrome plated bands and cover.
9. Cool handles on roaster and cover.
10. Detachable cord and plug.

Make use of this book until the proper use of this roaster is thoroughly familiar to you. This will add greatly to your results and your satisfaction. It will help you to accomplish perfect results with greatest economy.

And so—here's to your happiness, comfort and health—through the Westinghouse DeLuxe ADJUSTOMATIC Roaster.

General Instructions

For cooking operations using the oven glass dishes the rack is always used as a convenient method of inserting or removing the dishes from the roaster.

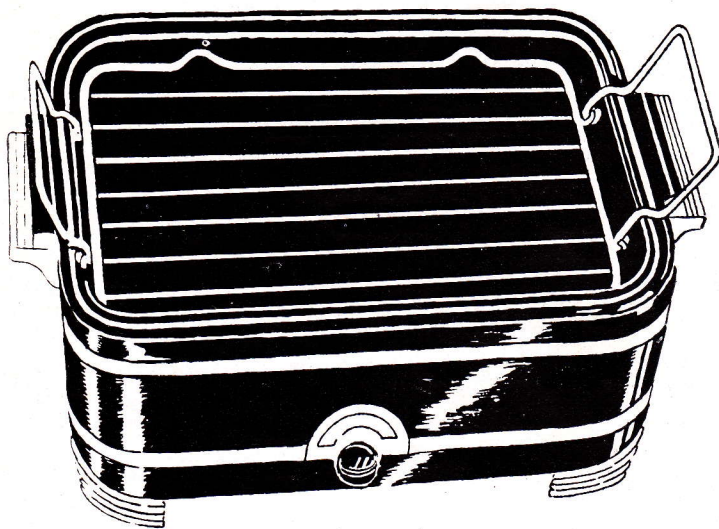


Figure 1

Figure 1 shows the rack in position to hold the glass dishes before lowering them into the roaster. After being loaded the rack is lowered by first raising it slightly by pulling up on the handles to disengage the cross bar from the groove in the porcelain inset then allowing it to sink into position.

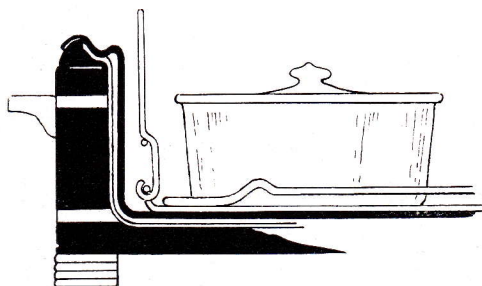


Figure 2

Figure 2 shows the rack resting on the bottom of the roaster. Note the side rails on the rack prevent the dishes from sliding off. They can be carried in complete safety. By reversing the handles, the rack also serves as a trivet.

Figure 3 shows it as a trivet with the side rails acting as supports to keep the pans or dishes off the bottom of the enamel inset.

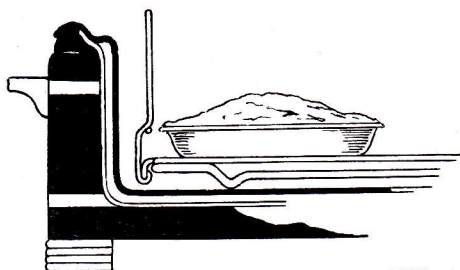


Figure 3

The cooking operation may be started with a cold roaster. For most cooking it is more convenient to use the roaster in this manner. However, the pre-heating method can be very easily accomplished through the use of the signalling feature.

After the thermostat lever has been set to the temperature indicated in the recipe, the automatic control will maintain the proper temperature, insuring perfect results.

By setting the thermostat knob to the low position of 150 degrees, the roaster can be used to keep food hot for any length of time without danger of burning.

Meats and vegetables may be cooked at the same time. When vegetables are added to the roast, they should be added three-quarters to one hour before the roast is served, and no water is needed.

It is not necessary to add water when food is cooking. The vapor seal prevents the loss of natural juices and flavors. Vegetables without meat are cooked in approximately one hour at 500 degrees starting with a cold roaster. Use only a small amount of water.

Cook only in the removable utensils, the lid is purposely made not to fit the cooking well.

Cold foods taken directly from the refrigerator will require slightly longer cooking time. Time tables are based on the use of food at room temperature. Wide voltage variations will increase or decrease the times shown.

Instructions for Using Glass Dishes

The set of small utensils, in which most of the cooking operations will be performed, consists of five (5) pieces of genuine Glasbake ovenware. One rectangular baking dish. two smaller rectangular dishes and covers for the small dishes are included in this set.

This glassware is made from high quality heat resisting glass and is able to withstand extremely high temperatures. As with all glass ovenware, however, care must be taken to prevent sudden cooling of the dishes while hot.

In using these utensils remember the following precautions:

1. Never place dishes directly over an open flame.
2. Never use a wet cloth to remove dishes from roaster.
3. Never set a hot dish in a wet sink or in the refrigerator or against cool metal.
4. Never pour water or cold food into a hot dish.
5. Never knock against other glassware.

The glass dishes may easily be kept clean and brilliant if soaked in warm water for a short time after food is emptied. Steel wool or cleansing powder will quickly remove any food sticking to the edges. If glass seems discolored boil in hot water and apply cleanser.

General Baking Instructions

Each recipe in this book gives detailed instructions for baking. Always use the trivet for baking operations.

- a. **Baking in a preheated roaster.** To preheat means to heat the roaster to the desired temperature before placing the food in it. First remove the three baking dishes and place the trivet in the enamel inset. Second, set the thermostatic control for the temperature given in the recipe and finally connect the roaster. The pilot light glows immediately and stays on during the heating period but goes out as soon as the roaster has reached the desired temperature.
- b. **Baking from a cold roaster** means placing the food in roaster before any heat has been applied. Remove the three baking dishes, place the trivet in the enamel inset, place the food in the cold roaster, set thermostat and plug in the roaster.

NOTE:

1. When baking, be sure that pans used are not so large that they touch the sides of the roaster; this cuts off the circulation of heat.
2. All cakes, cookies, pies, puddings, etc., are placed on the trivet when baked.

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MEAT ROASTING CHART

Kind of Meat	Place in Roaster that is:	Set Control at:	Minutes per Pound	Min. added for Cold Roaster
Roast Beef—rare	cold	400 deg.	25	30
Roast Beef—medium	cold	400 deg.	30	30
Roast Beef—well done	cold	400 deg.	35	30
Fresh or smoked ham	cold	350 deg.	25-30	30
Loin Pork	cold	375 deg.	35	30
Lamb	cold	375 deg.	35	30
Veal	cold	375 deg.	30	30
Chicken	cold	350 deg.	25-30	30
Turkey	cold	350 deg.	25-30	30
Duck	cold	350 deg.	35	30
Goose	cold	350 deg.	35	30

General Instructions for Roasting

Roasts and fowl can be very conveniently roasted starting from the cold roaster. This method requires a minimum amount of attention.

1. Season roast, place in enamel inset or large glass baking dish and cover with lid.
2. Set temperature control to the temperature shown in chart and connect plug.
3. Time roasting period according to roasting chart.

If a deeper brown is desired the two-temperature method can be used as follows.

1. Season roast, place in enamel inset or large glass baking dish and cover with lid.
2. Set temperature control at 500° and connect plug.
3. When signal light goes out, reset temperature control to 350° and continue roasting the required time as shown in the roasting chart.

To calculate the roasting time from the roasting chart do this: Multiply the weight of the roast by the number of minutes per pound shown in the chart and add 30 minutes to compensate for the cold roaster—

Example: A five pound roast of beef cooked to well done 5×35 or 175 plus 30 = 205 minutes or 3 hours and 25 minutes.

Should you desire to turn the meat during roasting it should be done after one hour of roasting time. Remove the cover, turn the meat and replace the cover quickly.

The use of water is not necessary for tender or more expensive cuts of meat. Approximately one cup should be added to less expensive cuts, after browning on all sides.

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Meat Recipes

Rolled Rib Roast of Beef

Salt and pepper roast and calculate the time by the meat roasting chart. Place roast in cold roaster, set temperature control at 400 degrees and roast for the required period of time (per chart). Pork, veal or lamb is prepared in the same manner.

Baked Ham in Blanket

Select a twelve to fifteen pound ham. Have the butcher cut off the small end. Trim off the rind and greater part of fat. Place in the enamel inset with the fat side up, then cover with the following blanket of dough:

- 4 cups flour (pastry or cake)
- 2 T ground cloves
- 1 cup brown sugar
- 2 T cinnamon
- 2 T mustard
- 1 t black pepper

Use enough water or cider to make dough. Roll into sheet large enough to cover ham on top, ends and sides. (No water in pan). Place in the cold roaster.

Temperature 350-375 degrees; baking time 25 to 30 minutes to the pound, plus 30 minutes for the cold roaster.

Chop Suey

- 1½ pounds veal steak
- 3 cups diced celery
- 2 cups diced onions
- 1½ cups La Choy sprouts
- 1 cup water from sprouts
- 4 T lard
- 1 t salt
- 2 T flour
- 2 T water
- 2 T. La Chop Soy Sauce

Brown the veal in skillet in hot lard. Then place veal, celery, onions, and one cup of water from the sprouts in the large glass baking dish. Place on rack in roaster preheated to 350° and cook for 35 minutes. (Or place in cold roaster. Set temperature 400° and cook for one hour.)

At the end of this time add sprouts, and salt, then make a thickening using the 2 tablespoons flour, 2 tablespoons water and 2 tablespoons La

Choy Sauce. Add the thickening to the Chop Suey mixture. Serve with rice or canned Soy noodles.

Curried Lamb

- 1 medium-size onion, chopped
- ½ cup chopped celery
- 3 T fat
- 1 T curry powder
- ½ t salt
- 2 cups cooked, diced lamb
- 2 cups stock or water
- 2 T flour
- 1 t Worcestershire Sauce

Brown the onion and celery in skillet in hot fat. Place onion, celery, curry powder, salt, lamb and stock in large glass baking dish. Place on rack in roaster which has been preheated to 350°. Cook 30 minutes.

Make a smooth paste of flour with 2 tablespoons water. Add to curry mixture, then continue cooking for 5 minutes additional. Add Worcestershire Sauce. Serve with a border of noodles.

Chili Con Carne

- 1 lb. chopped beef or hamburger
- 1 can kidney beans
- 1 onion, chopped
- ½ t curry powder
- 1 can tomato soup
- 1½ t salt
- Chili Powder
- Cayenne Pepper
- 1 green pepper chopped
- 2 T. Fat

Brown meat and onion in fat. Then place in large glass baking dish with soup, beans, green pepper and seasoning. Place dish on rack in cold roaster. Set the temperature at 400° and cook 2½ hours—or cook in roaster preheated to 350° for 2 hours.

Fried Chicken a la Maryland

Cut a frying chicken in pieces for serving. Dip each piece into beaten egg which has been mixed with 2 tablespoons of cold water. Roll in a mixture of salt, pepper, and flour.

Preheat roaster, from which have been removed the three baking dishes and trivet, to 500 degrees. Brown chicken in hot fat in large enamel inset. Reset temperature to 300 degrees and cook 1½ hours.

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Roast Chicken—Turkey

Duck—Goose

If a small fowl is to be roasted—it may be placed in the large open baking glass—however, for larger birds

use the enamel inset pan. A high searing temperature of 450 degrees may be used for the first 45 minutes if desired. Calculate the time and temperature from the meat roasting chart.

Fish and Sea Food

Stuffed Baked Fish

Black bass, bluefish, cod, flounder, perch, trout, and pike are lean fish and should be larded before baking. "Larding" means inserting narrow strips of fat, salt pork, or bacon into gashes made at intervals along the sides of lean fish before baking. Bacon strips may be placed over the fish, if you prefer. Mackerel and whitefish are fat and need not be larded.

Ask your butcher to clean the fish but to keep the head and tail intact. To prepare it, wipe well, with a damp cloth, take out the eyes, then stuff with the following stuffing:

- 5 cups finely cubed bread
- 3 T chopped celery
- 3 T capers
- 1 T powdered sage
- 1 T salt
- 1 t pepper
- 4 T parsley
- 2 small onions finely chopped
- $\frac{1}{2}$ cup melted butter

Mix all ingredients together thoroughly. Stuff eye sockets with a ripe, stuffed olive cut in half.

Remove the baking dishes and trivet. Set temperature control at 425 degrees. Place butter in enamel inset when preheating time is up. Place fish and bake allowing 20 minutes to the pound.

Fish Souffle

- 2 T butter
- 2 T flour
- $\frac{1}{4}$ t pepper
- $1\frac{1}{2}$ cups milk
- 1 t salt
- 1 T minced parsley
- 1 large can fish flakes
- 1 t grated onion
- 3 eggs

Preheat with trivet in place to 350°. Make a white sauce of the fat, flour, pepper and salt. Add to this the onions, parsley, and fish flakes, the latter picked apart with a fork. Beat egg yolks until light, then add to this

mixture. Fold in stiffly beaten egg whites. Pile in buttered large glass baking dish, and place on trivet. Bake 45 to 60 minutes.

Salmon Loaf

- 1 large can pink salmon (remove skin and bones and mash very fine)
- $\frac{1}{2}$ t salt
- $\frac{1}{2}$ t pepper
- 2 T lemon juice
- 2 egg yolks
- $\frac{1}{4}$ t paprika
- $\frac{1}{2}$ cup cracker crumbs
- $\frac{1}{2}$ cup hot milk
- 3 egg whites

Preheat roaster with trivet in place to 350°.

Mix together salmon, salt, pepper, paprika, lemon juice, beaten egg yolks, cracker crumbs, and hot milk. Fold in egg whites which have been beaten stiff. Pour into well-greased glass baking dish. Set on trivet in the preheated roaster and bake 1 to $1\frac{1}{4}$ hours.

Shrimp and Mushrooms Baked in Tomatoes

- 6 large tomatoes
- $\frac{1}{2}$ lb. mushrooms
- $\frac{1}{4}$ cup butter
- 1 small onion, minced
- 1 t salt
- $\frac{1}{8}$ t pepper
- 1 cup soft bread crumbs
- 2 cups canned shrimps cut in pieces

Remove the three glass dishes from roaster and preheat to 350 degrees. Cut thin slice from the stem end of tomatoes. Scoop out the center being careful not to break the skins. Sprinkle inside with salt. Cut mushrooms into pieces. Melt the butter, add onion and mushrooms and cook about ten minutes. Add salt, pepper, bread crumbs and shrimps. Fill tomato shells with the mixture. Place in a glass baking dish into which $\frac{1}{2}$ cup water has been added. Set on rack in roaster and bake 40 minutes.

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Duck—Goose

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- 1 t pepper
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- 2 T flour
- $\frac{1}{4}$ t pepper
- $1\frac{1}{2}$ cups milk
- 1 t salt
- 1 T minced parsley
- 1 large can fish flakes
- 1 t grated onion
- 3 eggs

Preheat with trivet in place to 350°. Make a white sauce of the fat, flour, pepper and salt. Add to this the onions, parsley, and fish flakes, the latter picked apart with a fork. Beat egg yolks until light, then add to this

mixture. Fold in stiffly beaten egg whites. Pile in buttered large glass baking dish, and place on trivet. Bake 45 to 60 minutes.

Salmon Loaf

- 1 large can pink salmon (remove skin and bones and mash very fine)
- $\frac{1}{4}$ t salt
- $\frac{1}{2}$ t pepper
- 2 T lemon juice
- 2 egg yolks
- $\frac{1}{4}$ t paprika
- $\frac{1}{2}$ cup cracker crumbs
- $\frac{1}{2}$ cup hot milk
- 3 egg whites

Preheat roaster with trivet in place to 350°.

Mix together salmon, salt, pepper, paprika, lemon juice, beaten egg yolks, cracker crumbs, and hot milk. Fold in egg whites which have been beaten stiff. Pour into well-greased glass baking dish. Set on trivet in the preheated roaster and bake 1 to 1 $\frac{1}{4}$ hours.

Shrimp and Mushrooms Baked in Tomatoes

- 6 large tomatoes
- $\frac{1}{2}$ lb. mushrooms
- $\frac{1}{4}$ cup butter
- 1 small onion, minced
- 1 t salt
- $\frac{1}{8}$ t pepper
- 1 cup soft bread crumbs
- 2 cups canned shrimps cut in pieces

Remove the three glass dishes from roaster and preheat to 350 degrees. Cut thin slice from the stem end of tomatoes. Scoop out the center being careful not to break the skins. Sprinkle inside with salt. Cut mushrooms into pieces. Melt the butter, add onion and mushrooms and cook about ten minutes. Add salt, pepper, bread crumbs and shrimps. Fill tomato shells with the mixture. Place in a glass baking dish into which $\frac{1}{2}$ cup water has been added. Set on rack in roaster and bake 40 minutes.

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Deviled Crabs

- 3 T butter
- 3 T flour
- 1 t salt
- $\frac{1}{8}$ t pepper
- 1 cup milk
- $\frac{1}{2}$ cup cream
- 3 cups canned crab meat
- 2 cups buttered crumbs

Remove the three glass dishes from roaster. Then preheat with rack in place to 350 degrees. Melt butter, add flour, salt and pepper and mix well. Add milk gradually and bring slowly to boiling point, stirring constantly to keep mixture smooth. Add cream and crab meat. Put into greased crab shells and sprinkle with buttered crumbs. Place in the large glass baking dish. Place this dish on the rack in the preheated roaster and bake 40 minutes.

Shrimp a la Newburg

- $\frac{1}{2}$ cup butter
- 7 T flour
- 3 cups milk
- 2 t Worcestershire sauce
- 2 $5\frac{1}{2}$ oz. cans shrimp
- Buttered bread crumbs
- $\frac{1}{2}$ t. dry mustard
- 1 t. salt
- White pepper
- Paprika
- $\frac{1}{2}$ t. garlic powder
- 1 pimento, shredded

Make a white sauce of the butter, flour and milk. Add Worcestershire Sauce, seasonings and shrimp. Put in the buttered glass baking dish and sprinkle top with buttered bread crumbs. Start from a cold roaster. Set temperature control at 350 degrees and bake 45 to 60 minutes or until browned on top.

Roaster Meal Combinations

Meal No. 1

Meat Loaf—Potatoes—Butterscotch Pudding

Meat Loaf

- $1\frac{1}{2}$ lbs. beef
- $\frac{1}{4}$ lb. veal
- $\frac{1}{4}$ lb. pork
- 2 eggs beaten
- $\frac{1}{2}$ cup milk
- 6 T. cracker crumbs
- 2 T. onion, chopped
- $1\frac{1}{2}$ t. salt
- $\frac{1}{4}$ t. pepper

} ground together

Combine all ingredients. Form into a loaf. Place in open glass baking dish which has been well greased with butter or drippings.

Butterscotch Pudding

- $\frac{1}{4}$ cup Minute Tapioca
- $\frac{1}{4}$ t. salt
- $1\frac{1}{2}$ cups hot water
- 2 T. butter
- $\frac{1}{4}$ cup brown sugar
- $\frac{3}{4}$ t. vanilla
- 1 cup dates, cut into small pieces
- $\frac{3}{4}$ cup nut meats, cut into small pieces

Combine tapioca, salt and hot water. Cook 15 minutes or until tapioca is transparent, stirring frequently. Melt butter in saucepan—add sugar and

stir until combined and in liquid state. Add to the tapioca mixture, combine well, add vanilla and dates. Place in glass baking dish after greasing it well. (The nuts are added to the pudding just before it is served).

Vegetables

Choose four medium-size potatoes and four medium-size onions. Peel and wash. Score the onions on top with a knife to allow the heat to penetrate. Place the potatoes in the bottom of one of the baking dishes with the onions on top and cover. Add $\frac{1}{4}$ cup water. (Always place the bland vegetables on the bottom and strong flavored ones on top).

Place meat loaf in roaster preheated to 350° and cook 1 hour. Then place vegetables and pudding in roaster and cook 1 hour longer.

Start from the cold roaster. Set temperature control at 400 degrees. Total cooking time 2 hours.

Meal No. 2

Rolled Roast and Vegetables

- 6-lb. rolled roast
- 2 T. fat
- 6 potatoes

- 6 onions
- 6 carrots

Put roast in large glass baking dish

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and place in cold roaster. Set temperature control at 400 degrees and roast 2 hours—turning at end of first hour in order to brown on both sides well.

Place potatoes and onions in one glass baking dish pan and add $\frac{1}{2}$ cup salted water. Place carrots in other glass

baking dish and add $\frac{1}{2}$ cup salted water. Put these in the roaster after the first 2 hours and continue cooking for $1\frac{1}{2}$ hours longer.

You can substitute veal or pork roasts for the beef in the above meal.

Meal No. 3

City Chicken Legs—Potatoes Au Gratin—Raisin Bread Pudding

City Chicken Legs

- 1 slice fresh ham, $\frac{3}{4}$ inch thick
- 1 slice veal steak, $\frac{3}{4}$ inch thick
- 2 eggs beaten
- Finely rolled cracker crumbs

Trim off the fat from the ham and cut the meat in pieces $1\frac{1}{2}$ inches square. Cut the veal in pieces $1\frac{1}{2}$ inches square. Place 4 pieces of the meat squares on a wooden meat skewer (the pointed end of the skewer run through the center of square) beginning with a piece of pork first, then veal, pork and veal again. The last piece of veal should come to the pointed end of the skewer. Press the pieces firmly together using the palm of your hand. Salt and pepper the chicken legs, roll in cracker crumbs, dip in the beaten eggs and roll in crumbs again.

Brown in fat in skillet. Place in large glass baking dish with $\frac{1}{2}$ cup water.

Potatoes au Gratin

- 8 medium-size potatoes
- 2 cups medium white sauce
- $\frac{1}{8}$ cup grated cheese
- $\frac{1}{4}$ cup bread cubes

Pare potatoes; cook in $\frac{1}{2}$ cup water until tender. Cut in cubes. Place layer of potatoes in a buttered glass baking dish; cover with cheese and white sauce. Place the second layer of potatoes, cheese and white sauce, with buttered bread cubes on top. Do not cover.

Raisin Bread Pudding

- 5 cups stale bread cubes
- 1 cup brown sugar
- $\frac{1}{4}$ cup hot milk
- 1 cup raisins
- 3 T. butter
- 2 well-beaten eggs

Pour the hot milk over the bread and mix until bread is all moistened, add egg. Press one-half of the moistened bread in glass baking dish and sprinkle with half of the brown sugar and raisins and dot with butter. Add the remaining half of the moistened bread and the remaining raisins, brown sugar and butter.

Place all three dishes of food on rack in the cold roaster. Set control at 350° , cook $1\frac{1}{2}$ hours. Or cook for 1 hour in roaster which has been preheated to 400° .

Meal No. 4

Davis Casserole—Buttered Green Peas—Steamed Cherry Pudding

Davis Casserole

- $\frac{1}{4}$ pound veal
- $\frac{1}{4}$ lb. pork
- $\frac{1}{2}$ pound beef
- 1 small onion
- 1 green pepper
- 1 carrot
- 1 stalk celery

- 2 t. salt
- 2 T. lard
- $\frac{3}{4}$ cup apple sauce
- $\frac{3}{4}$ cup moist bread crumbs
- 1 pint tomatoes (canned or fresh)
- 1 T. flour
- 2 eggs
- 3 potatoes, diced
- $\frac{1}{4}$ t. pepper

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Chop parboiled or leftover vegetables. Grind the meat, then mix with the apple sauce, bread crumbs, salt and pepper. Form into egg-size balls. Brown in hot fat, add chopped vegetables and tomatoes and season.

Buttered Green Peas

Place green peas in one of glass baking dishes, add seasoning and $\frac{1}{2}$ cup water. Cover.

Steamed Cherry Pudding

$\frac{1}{4}$ cup butter
 $\frac{1}{2}$ cup sugar

$\frac{1}{2}$ cup milk
1 cup and 2 T. flour (sifted before measuring)
1 egg beaten
2 t. baking powder
1 cup drained sweetened cherries

Cream butter and sugar. Sift flour and baking powder together, add egg. Add alternately the dry ingredients and milk.

Add cherries. Pour into the other well greased glass baking dish. Serve with your favorite butter sauce. Place all three foods on the rack in the cold roaster. Set temperature control to 350° and cook $1\frac{1}{2}$ hours.

Meal No. 5

New England Boiled Dinner

4 pounds corned beef
1 small cabbage
3 large carrots
6 small onions
6 small parsnips
6 small potatoes
2 small turnips

Wash meat in cold water. If very salty, soak half an hour in cold water or let come to a boil and drain. Place

meat in enamel pan in the cold roaster with one quart water. Set temperature at 375 degrees and allow to cook 3 hours or until tender. One hour before serving add all the vegetables. Serve on a large platter with the meat in the center and the vegetables around it.

Meal No. 6

Baked Ham with Raisin Sauce—Potatoes in Cream—String Beans

Baked Ham

Purchase a slice of smoked ham 1" thick. Place in large baking dish and pour raisin sauce over, or sprinkle with brown sugar and pineapple juice.

Raisin Sauce

1 cup seeded raisins, finely chopped
2 cups cold water
 $\frac{1}{2}$ cup sugar
 $1\frac{1}{2}$ T. lemon juice

Add raisins to water and simmer until soft. Add sugar, cook 15 minutes longer. Add lemon juice.

Potatoes in Cream

6 cups potatoes, diced
 $\frac{1}{4}$ cup melted butter

1 t. salt
 $\frac{1}{4}$ t. pepper
1 cup milk

Put into buttered glass baking dish. Add $\frac{1}{4}$ cup melted butter. Season with salt and pepper and add milk. Cover.

String Beans

String and break beans into small pieces. Place in other glass baking dish and add $\frac{1}{2}$ cup boiling water and 1 teaspoon salt. Cover.

Place food on rack in the cold roaster. Set temperature control at 375-400°. Cook $1\frac{1}{2}$ hours.

Meal No. 7

Stuffed Breast of Lamb—Scalloped Potatoes—Minted Apple Sauce

Stuffed Breast of Lamb

Have a pocket cut in the breast of lamb from the end and stuff with the following:

8 cups stale bread, diced
3 T. chopped onions
4 T. chopped celery
4 T. melted butter
 $\frac{1}{2}$ t. sage
1 t. salt

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$\frac{1}{4}$ t. pepper
1 cup water

Brown meat in a skillet or enamel inset and place in the open glass baking dish.

Scalloped Potatoes

6 cups sliced potatoes
1 cup milk
1 T. butter
 $1\frac{1}{2}$ t. flour
 $\frac{3}{4}$ t. salt
 $\frac{1}{4}$ t. pepper

Grease well one of the glass baking dishes and place in a layer of potatoes. Sprinkle on some of the flour and seasoning. Alternate layers until all

ingredients are used. Dot the butter on top and pour the milk over the potatoes. Cover.

Minted Apple Sauce

6 cups apples
 $\frac{1}{8}$ cup water
2 T. sugar
5 drops mint extract
Green coloring

Place apples in the other glass baking dish and add the $\frac{1}{8}$ cup water. Cover. Add sugar, mint flavoring and coloring when meal is removed from roaster.

Place food on rack in cold roaster. Set temperature control to 375°. Cook $1\frac{1}{2}$ hours.

Meal No. 8

Vegetable Dinner

Potatoes and Peas—Carrots—Beets—Onions

Prepare the potatoes and peas as for boiling. Place them together in the open glass baking dish. Just before placing in the roaster add $\frac{1}{2}$ cup of boiling salted water and cover with some dampened cooking parchment tied in place with string.

Prepare carrots as for boiling and cut into long thin strips. Place in one of the small glass baking dishes. Just before placing in the roaster add $\frac{1}{2}$ cup of boiling salted water and cover.

Prepare small onions as for boiling.

Score them several times so the heat will penetrate. Place these in one end of one of the small glass baking dishes.

Peel the beets and slice them. Tie them up in a piece of dampened cooking parchment. Place them at the other end of the dish in which the onions are placed. Just before placing in the roaster add $\frac{1}{2}$ cup of boiling salted water and cover.

Preheat the roaster with the rack in place to 500°. Place the vegetables and cook 1 hour.

Meal No. 9

American Pork Chops—Green Beans—Carrots

6 pork chops
1 can condensed tomato soup
 $\frac{1}{2}$ cup catsup
 $\frac{1}{2}$ cup water
1 finely chopped onion
1 cup fresh peas
Dash cayenne pepper
Salt and pepper

Brown the chops in a skillet in hot fat and place in the open glass baking dish. Add other ingredients.

Prepare the green beans and carrots as for boiling, place in the two small-

er glass baking dishes. Add $\frac{1}{2}$ cup of boiling salted water and cover.

Place the food in the cold roaster. Set the temperature control at 450°, cook $1\frac{1}{2}$ hours.

If you prefer baked potatoes may be substituted for one of the vegetables. Use Idaho potatoes. Wash and grease them and place them on the rack beside the dishes.

• ELECTRIC ROASTER •

Baking

- Bake all cakes, cookies, breads and puddings on the trivet. Be sure all baking pans come at least ½ inch from the sides of the roaster, and are elevated from the bottom of the roaster by the use of the trivet.

BAKING CHART

FOOD	Baking Temperature	Time
Baked Beans	350 degrees	5-6 hours
Baked Potatoes	500 degrees	1 hour
Biscuits	475 degrees	18 minutes
Breads		
Loaf	450 degrees	15 min., then 400° for 45 min.
Rolls	450 degrees	25-30 minutes
Nut	400 degrees	1 hour
Orange	400 degrees	1 hour
Peanut Butter	400 degrees	1 hour
Cakes		
Angel Food	350 degrees	1 hour
Chocolate	400 degrees	45 minutes
Devils Food	400 degrees	45 minutes
Pound	350 degrees	1½ hours
Sponge	350 degrees	1 hour
White Layer 8"	400 degrees	30 minutes
Cookies (See individual recipes)	375-425 degrees	15-25 minutes
Cream Puffs	475 degrees	45 minutes
Ginger Bread	350 degrees	30-40 minutes
Meringue	325 degrees	15 to 20 minutes
Muffins	425 degrees	25-30 minutes
Pies, Filled	475 degrees	45 minutes
Pie Shells	500 degrees	15-18 minutes
Puddings (See individual recipes)	350-400 degrees	45 minutes to 1½ hours

Cream Puffs

½ cup butter
1 cup water
4 eggs
1 cup pastry flour (sifted before measuring)

Put butter and water into a saucepan. When mixture boils, add flour, then cook until thick, stirring constantly. Remove from range and add unbeaten eggs, one at a time, mixing thoroughly after each addition. Place in mounds on a greased baking sheet, 10x14", about 1½ inches apart.

Preheat roaster to 475 degrees and bake 45 minutes.

Cream Puff Filling

1½ cups scalded milk
⅔ cup sugar
5 T. flour
¼ t. salt
¼ cup cold milk
3 egg yolks
½ t. vanilla

Mix sugar, flour, and salt together with cold milk, add beaten egg yolks. Pour slowly into scalded milk. Cook until thick. Add flavoring. Cool. Fold in stiffly beaten egg whites. For chocolate filling fold in one square melted chocolate.